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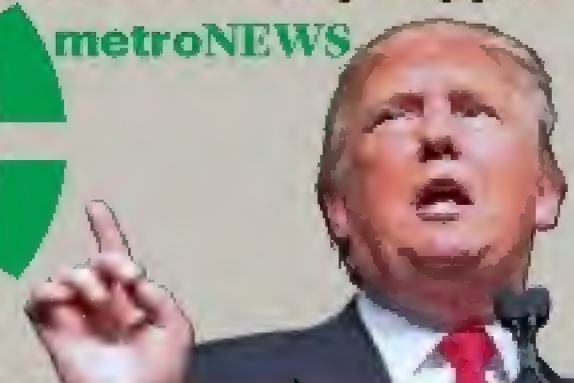
NOW
IT'S CLEAR

90,000 WATTS



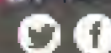
Ottawa
metro

Expert in Canada
(who happens to be American)
decodes Trump's appeal
metroNEWS



THURSDAY, MARCH 3, 2016

High -10°C/Low -19°C Sunny, but cold



HOME IN A BOX

Local business sending all things Ottawa
to homesick ex-residents

metroNEWS

Green means go

ENVIRONMENT

Hybrid and electric vehicles to drive city's fleet



Emma
Jackson
Metro | Ottawa

The city will now buy hybrid and electric vehicles whenever possible, thanks to a motion from Coun. Mathieu Fleury.

The Rideau-Vanier councillor raised the issue at transportation committee Wednesday as part of the city's green fleet plan update.

The city currently has 59 hybrid and electric vehicles — including four electric Zambonis. Nine hybrid cherry pickers are on order.

But good intentions aren't good enough, Fleury said.

"There's nothing mandating staff to purchase equal or fair-value vehicles that are friendlier to the environment," he said.

If council agrees, eco-friendly vehicles will be top choice when staff replace vehicles in 2017 and 2018, as long as the technology meets operational requirements.

Staff will also be expected to report to council each year

explaining why green vehicles couldn't be purchased in certain cases.

The city often replaces up to 200 vehicles a year, although there's no budget for it this year.

Both Coun. Stephen Blais and Coun. David Chernushenko warned staff to "be skeptical" about vendors' fuel efficiency claims, after OC Transpo's hybrid buses failed to deliver their promised cost savings in 2012.

The fleet is supposed to improve its fuel efficiency by eight per cent over 2012 levels by 2020, according to the city's air quality and climate change management plan.

To that end, the updated green fleet plan also asks staff to explore alternative fuel options (including ethanol and compressed natural gas) and new technologies like exhaust gas recirculation systems.

Staff are also cracking down on idling with a new telematics pilot to track employees' driving habits.

A \$20,000 trial this spring will test the GPS-based system in 25 vehicles and determine if its worth installing in more vehicles. The technology will track gas guzzling habits like speeding, hard acceleration and idling.

\$500K

Any cost
difference would
come from the
annual \$500,000
green fleet fund.

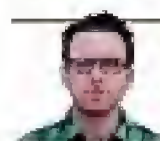


Franco atmospheric rockers Pandaléon recorded their third studio album *Atone* inside their former elementary school (not pictured). CONTRIBUTED

Back to school — with ghosts

BACKSTAGE PASS

Recording trio finds intensity at shuttered institution



Trevor Greenway
For Metro | Ottawa

Frédéric Levac never thought he'd be going back to Grade 3 at age 23.

Back to the same dusty room where he first learned how to work the multiplication table;

Back to that old science lab where he first saw the power of mixing vinegar and

baking soda;

Back to the place where what mattered most was avoiding cooties and being a kid.

Wielding sonic weapons such as guitars, amps, drums, bass, keys and anything else that makes noise, vocalist Levac, his brother Jean-Philippe (drums) and Marc-André Labelle (guitars) took over their former elementary school in small St-Bernardin, breaking the seal on the building that has been abandoned for over 15 years.

The trio that forms the Franco atmospheric rock group Pandaléon spent five weeks exploring the lonely school, from room to room,

hallway to hallway, office to office as they recorded their third studio album, *Atone*.

But as Levac puts it, there was nothing lonely about the school that has sat empty for a decade and a half.

"The first song we recorded, it felt like there were ghosts in the school," says Levac, adding that there were still papers in desks, lessons on some of the chalkboards and even old files left behind in the school's archive room.

"With all those old memories and feelings, all of the recordings were special. We were in a big empty school and could do whatever we wanted, whenever we wanted. It was very intense and we loved it."

When he says the band could do whatever they wanted, he pretty much means that accurately. The school board immediately

agreed to give the guys access to the school, pretty much throwing the keys at the three youngsters and giving them the run of the place. They sprinted.

The band converted the entire school into a giant, multi-room studio. Science class was now the tracking room, bathroom stalls became vocal booths, the basement became perfect for guitars and the gym gave back some seriously generous reverb.

"We spent a lot of time exploring the school to find the best room for this guitar part or that vocal part," explains Levac. "We had to take the right time to experiment and find the right sound or the right reverb for the guitars or the vocals."

Touring the school sonically not only gave the band a plethora of depth on the

+ PANDALÉON LIVE

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They'll likely teach you a thing or two. Tickets start at \$25.

album, with its great drums, haunting vocals and driving keys, but it also let them tap into their youth, their former selves who didn't care what others thought — a time when priorities were candy, sleepovers and video games, and coming in for dinner was delayed at all costs.

This is the exact feeling that Pandaléon has captured on *Atone*. It's a curious venture to mysterious places, deep enough to keep us digging, but safe enough to keep us playing. You can tell these kids let their imaginations run wild inside the four

walls of this school.

"You go back in your school and there are a lot of memories coming out. Some are good and some are bad," admits Levac.

"We focused on these feelings. It's not a concept album, but there's a big concept behind the album. For us, it was go big or go home."

The 10-track album is an exercise in not forgetting where we came from, a courageous look at who we used to be and who we've become and Pandaléon deserves one hell of a nod for pulling it all off.

“With all those old memories and feelings, all of the recordings were special. Frédéric Levac

AUTO PARTS

City to buy back its stock

Contracting out saves you money, right? Wrong. At least, not for the city's huge auto parts inventory. The city wants to buy back its stock of replacement parts from United Auto Parts Inc., which took over the system in 2011 under a five-year contract.

It's up for renewal in July, but public works manager Kevin Wylie said it's not worth it.

For one thing, the city was paying a 10 per cent markup on all parts, which added up costing an extra \$700,000 each year.

A 2015 audit also found the system was flawed: Old stock wasn't used up and new stock was slow to arrive. That kept vehicles in the shop too long, Wylie said.

Ottawa owns more than 4,500 vehicles and equipment, not counting OC Transpo. The city buys about 265,000 parts each year, at a cost of \$7 million.

The new plan, passed by transportation committee Wednesday, would buy back the inventory for \$4.63 million and borrow five public works staff to manage it. The city would source parts directly from four vendors instead of the contractor's list of 300.

"In the new model, the four vendors would deliver to our dock ... and then our staff would take over," Wylie said. "We're not getting multiple handoffs."

Councillors won't know the exact level of savings — if any — until the vendor contracts go out to tender. But a third-party consultation said the city should get "similar, if not better, pricing" than the current contractor's.

EMMA JACKSON/METRO

Province pressed on zoos

ANIMAL WELFARE

Petition calls for regulating roadside sites after lion killed



Emma Jackson
Metro | Ottawa

Thousands of people have put their names on a petition calling on the Ontario government to regulate roadside zoos after an escaped lion was shot dead east

of Ottawa last weekend.

Owners of Papanack Zoo in Wendover shot their five-year-old African lion Sunday evening, after he escaped his enclosure and the zoo's perimeter fence.

More than 25,000 people have signed the petition since it launched Tuesday. It's addressed to Ottawa-Centre MPP Yasir Naqvi, the provincial minister for public safety, which oversees animal welfare.

In Ontario, the Ontario Society for the Prevention of Cruelty to Animals (OSPCA) can inspect zoos and charge owners if they find neglect. But Ontario doesn't

actually license zoos, nor regulate who can own exotic animals — that's left to the municipalities to pass bylaws if they choose.

The petition wants Ontario to require a zoo operation licence, and a yearly inspection to renew it.

It also calls for proper staff training, particularly in emergency situations.

Massimo Bergamini, executive director of Canada's Accredited Zoos and Aquariums, a non-profit group that accredits facilities on a volunteer basis, said Ontario has up to 80 unaccredited roadside zoos and very few rules to

keep the public and animals safe.

"The biggest difference is in the area of systems, of training, of protocols and policies," Bergamini said.

They're usually missing things like education and outreach committees, animal welfare policies, emergency response plans and, perhaps most importantly, an indication of the zoo's financial health.

"That's like the canary in the mineshaft," Bergamini said. "We want to make sure the institution is financially sound. Then we know that probably over time you will be moving in a positive

direction."

Naqvi was not available for comment, but his spokesperson Jonathan Rose said Tuesday the province maintains robust "standards of care for all animals" and gives \$5.5 million annually to the OSPCA so it can go after neglectful owners.

He was vague on the province's plans to update its regulations.

"Our government will continue to work with all our animal welfare partners to ensure that we build even stronger protections and keep all animals safe," Rose said in an email.



PHOTOS: JUSTIN TANG/THE CANADIAN PRESS

A moving mystery

1 Morning surprise — Kit Pullen stands Wednesday in front of the pile of belongings left behind by someone in a moving truck, overnight on the driveway of his Parkglen Drive home.

2 Miscellaneous — A Reid's Dairy poster and furniture were among the items.

3 Boxed in — Pullen's car is trapped behind the pile. A neighbour reported seeing a U-Haul truck outside the home at 4:30 a.m., and people moving around out front.

4 Curiouser and curiouser — Pullen looks through DVDs and books.

5 Mystery solved — Pullen surveys the pile. CBC News reports a U-Haul driver returned later that afternoon and said an apparent online rental scam was to blame for the confusion. The items' owner believed she had rented the home and hired movers to bring the furniture there. Once she realized she had been duped, she had the driver retrieve the load and return it to Napanee. THE CANADIAN PRESS



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Clue#3

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Hint:

Follow Hyundai on Facebook, Twitter and Instagram to discover the answer, which was posted earlier this week.



*Canadian residents who have reached the age of majority in their province or territory can enter the contest at www.hyundaisupersearch.com between February 13, 2016 at 12:01am (ET) and April 4, 2016 at 11:59pm (PT). One entry per each Weekly Prize. One entry per Grand Prize. Four (4) Weekly Prizes of CDN\$2,500.00 each, and one (1) Grand Prize of CDN\$20,000.00. To be eligible for Grand Prize, contest participant must perform test drive of a new Hyundai vehicle at a Canadian Hyundai dealership and submit the correct answer to the final SuperSearch Clue. To be eligible for secondary Weekly Prizes, contest participant must submit the correct answer for each respective Weekly SuperSearch Clue. Each Weekly Prize is exclusive of each other; answer submission for all Weekly Prizes is not required to be eligible to win any one (1) Weekly Prize. Chances of winning depend on the total number of eligible entries received. Eligible winners must correctly answer skill-testing question. Prize draws will be held at 16 Mary Street, Unit 4, Aurora, Ontario at approximately 2:00 PM (ET) on April 7, 2016. No purchase required. Complete rules available at www.hyundaisupersearch.com.™/®The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp.

LAW ENFORCEMENT

Constable takes plea deal, avoids harassment trial



Joe Lofaro
Metro | Ottawa

An Ottawa police constable already on a one-year demotion for failing to turn in marijuana he seized from two high-school students was spared a criminal trial Wednesday after he took a plea deal.

The deal between the Crown prosecutor and defence lawyer for Const. Jason Mallett saw the officer plead not guilty to criminal harassment and instead plead guilty to the less serious charge of mischief.

Mallett, who left his career in the CFL to join the Ottawa Police Service in 2005, was also facing charges of theft under \$5,000, possession of stolen property and careless use of a firearm, but those were withdrawn as part of the plea deal.

The court heard Mallett showed up at the complainant's workplace and picked the lock of a bathroom at the

woman's home.

Some evidence presented at court, including the identity of the complainant, is protected by a publication ban.

In her victim-impact statement, the woman told the court the incident has affected her personal life and turned her into a fearful person.

"The emotional impact has left me with a lack of trust, shaken self-confidence, inability to focus at work — and the list goes on," she said.

"Physically, I don't sleep." Ontario Court Justice Stephen Hunter sentenced Mallett to 12 months of probation, to report to a probation officer and to attend a counselling program.

He was also ordered to have limited communication with the complainant and to stay away from her home and workplace.

Mallett was demoted on Jan. 18 to a second-class constable after he pleaded guilty to insubordination, unlawful or unnecessary exercise of

authority and discreditable conduct under the province's Police Services Act.

During his tenure as a school resource officer with Ottawa police, Mallett seized two joints from a pair of 13-year-old students on Feb. 14, 2013, after receiving a call from their principal.



Physically, I don't sleep.
Complainant

Not only did the drugs go unaccounted for, but Mallett failed to take any notes for the entirety of his shift that day, contrary to police policy, according to a written decision by hearing officer Supt. Don Sweet.

The officer also unlawfully detained a male youth on Sept. 29, 2014, and then "intentionally and knowingly misled" his superior to have the boy remain in the cell-block.

Ottawa, boxed up and at your door

CULTURE

Business sends local products to homesick ex-residents



Haley Ritchie
Metro | Ottawa

Do you know someone who lived in Ottawa that has moved away and misses it dearly?

That's the pitch behind the Ottawa Box — a new business that might make you realize you've been taking squeaky St. Albert curds and Bridgehead grounds for granted. The online service promises to ship homesick Ottawans a box of hometown goodies.

"There's a lot of great things here," said founder Ivan Pajkovic. "At first I worried I wouldn't be able to find enough products, but as time went on and people started approaching us, now we have almost too many to list."

Right now, the business is a side project since Pajkovic works full-time in the government. He launched the business just before the holiday rush in November 2015.

When requests come from places such as Toronto and Montreal, he and his girlfriend drive around the city to put the box together.

"I saw a similar business in Baltimore and saw it as an opportunity; that's how it got started," he said.

"Some of the customers are people who are living here, but the main audience is people who used to live here and miss it."

The boxes come in different sizes and prices, including a mini box

with three items for \$25, a five-item original box for \$35 and a premium box with six items for \$60.

While an Ottawa Box can soothe nostalgia and cure cravings, Pajkovic has also given one away as a "Welcome to Ottawa" package — his way of passing along the warm welcome the city gave him when he arrived from Serbia 15 years ago.

"I've always felt welcome. Ottawa is easily a second home," he said.

Finishing touches inside the box include handwritten notes accompanying some of the goodies and a logo reflecting the Peace Tower.

Pajkovic said that by far the most requested item is



Bridgehead coffee, but options for filling the box also include merchandise from sports teams and breweries, FarmBoy products, sodas, newspapers, maple products and kitschy tourist magnets.

"Maple candy from the market and coffee are always favourites," he said.

Despite the variety of items, it turns out not all

of Ottawa's charms are easily packed away. Pajkovic said several frequently requested products include Suzy Q donuts, beavertails and craft beers — all of which can't be shipped and require a visit home to experience.



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Man arrested for attempted smuggling

BORDER SECURITY

Officials say Ontarian tried to get 3 people over border

A Cornwall, Ont., man and three foreign nationals have been arrested in what border officials say was an attempt to smuggle people from the United

States into Canada.

The Canada Border Services Agency says it got information from its U.S. counterparts on Feb. 11 that three foreign nationals were identified in Massena, N.Y., as acting in "a suspicious manner." The CBSA says it conducted surveillance on the three people with the help of its partners.

It says the Akwesasne Mohawk Police Service were then able to intercept and arrest the

trio as well as a resident of Cornwall on Cornwall Island, which sits in the Saint Lawrence River on the Canadian side of the border. The CBSA says the Cornwall man was arrested for aiding and abetting the illegal movement

of people into Canada under the Immigration and Refugee Protection Act.

The three foreign nationals were arrested for entering Canada without examination. The CBSA did not disclose their

nationalities or further details about them. The CBSA says the foreigners had detention reviews and admissibility hearings on Feb. 15 and 16, and are being held in custody until they can be deported. The Cornwall man was released on a promise to appear in court March 15.

CBSA spokesman Chris Kealey said the case was a good example of how law enforcement agencies can work well together. Kealey said he didn't know why

the three foreign nationals were trying to enter Canada, but he noted people try to move undetected across both sides of the border.

In a similar case last September, a group of foreign nationals attempted to cross into Ontario from the U.S. in the same area aboard a See-Do, but Kealey said "there were too many people on that device and it tipped over and two people drowned as a result."

THE CANADIAN PRESS



There were too many people on that device and it tipped over and two people drowned as a result.

CBSA spokesman Chris Kealey on a failed attempt to smuggle people into Canada last September.



A groundbreaking for the new French Catholic high school was held in 2015. The school will open August 2016. METROLAND FILE

EDUCATION

New French school offers special diploma

The new French Catholic school opening in Orléans at the end of August will offer two special academic streams for students beyond traditional high school diplomas.

The International Baccalaureate program, an academically challenging and internationally recognized high school diploma, will be offered at the school.

Currently, the French Catholic board only offers the International Baccalaureate program at Franco-Ouest in Bell's Corners. There will also be a concentration in design, which will focus on courses that were deemed popular when the board held consultations. The courses will include technology, robotics, engineering and architecture elements.

The design specialized program isn't offered at any other schools within the board.

"The two programs available at the new secondary school in Orléans will motivate students to play an active role in their education and pursue their dreams," said Johanne Lacombe, French Catholic board chair in a press release. The French Catholic school board approved the options at the Feb. 23 board meeting.

The new high school will open at the end of August 2016, with the first class of students in grades 7 to 10.

Located at 6280 Renaud Rd., the school will be able to accommodate 781 students. Students from catchment areas for Notre-Dame-des-Champs and Alain-Fortin will attend the school.

BRIER DODGE / METROLAND MEDIA

CRIME

Senior faces charges in arson investigation

Ottawa police laid charges Wednesday against an elderly man in connection with two suspicious fires in the city's east end last weekend that caused a combined total of \$675,000 in damages.

Gaston Nicholas, 78, is facing two counts of arson causing damage to property after he was arrested during a police chase on Highway

417 near Pinecrest on Sunday. He was arrested without incident after firefighters extinguished a house fire on Walkley Road and another one on Leirtrim Road a couple of hours later.

Nicholas is scheduled to appear in court later this month, according to police. The two fires were among four that Ottawa firefighters responded to on Sunday.

JOE LOFARO/METRO

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'Eager to take our place'

CLIMATE CHANGE

Trudeau says Canada will be a leader in new green economy

Prime Minister Justin Trudeau said the world economy is quickly moving toward recognizing the importance of protecting the environment, and he wants Canada to be part of it.

"The future is coming at us fast, and I know Canadians are ready for it. We're eager to take our place among the leaders in this new economy. Canadians don't fear the future. We want to play a leading role in shaping it," Trudeau said Wednesday in an address to the opening plenary session of the Globe Series clean technology conference in Vancouver.

Trudeau said the Liberal government would double its investment in clean energy over the next five years, give \$75 million to the Federation of Canadian Municipalities to support cities and towns responding to the challenges of climate change, as

well as \$50 million to improve "climate resilience" in design guides and Canadian building and infrastructure codes.

The prime minister is in Vancouver to meet with indigenous leaders and the provincial and territorial premiers to discuss how they can follow up on their commitment at the COP21 United Nations climate conference in Paris in December to fight global warming and transition to a low-carbon economy.

Those discussions are expected to be tough, as not everyone is on board with the Liberal vision of pricing carbon nationwide, and Quebec decided this week was the time to seek an injunction to force the proposed Energy East pipeline project to submit to a provincial environmental impact assessment.

One of the messages Trudeau will bring to the premiers was also a natural fit for the Globe conference, where the focus was on environmental innovation as a way to create jobs and economic growth.

"We know we begin from the common goal we all share — we want a low-carbon economy that continues to provide good jobs



The PM addresses the Globe 2016 conference in Vancouver. JONATHAN HAYWARD/THE CANADIAN PRESS

and great opportunities for all Canadians.

To get there, we need to make smart, strategic investments in clean growth and new infrastructure," Trudeau said in his remarks to the conference, where

he appeared alongside British Columbia Premier Christy Clark.

But investing in new technology does not mean abandoning what is still a major part of the Canadian economy, said Trudeau, stressing the importance

of the existing natural resource sector.

"The choice between pipelines and wind turbines is a false one. We need both to reach our goal," Trudeau said.

TORSTAR NEWS SERVICE

IN BRIEF

Travellers advised to delay pregnancy two months

The Public Health Agency of Canada is advising women who want to get pregnant to wait at least two months after visiting countries where the Zika virus is circulating or could circulate, before trying to conceive. The mosquito-borne virus has been linked in Brazil to thousands of cases of newborns with small heads. It's believed mothers may have been infected during pregnancy. Cases have reached epidemic levels in most of South America, throughout Central America, parts of Mexico, and much of the Caribbean. THE CANADIAN PRESS

Calgary woman carries out doctor-assisted death

A Calgary woman who received a legal exemption for doctor-assisted death has ended her life in Vancouver with the help of two physicians. The woman, whose name is under a publication ban, died Monday with family at her side. "My colleague and I were grateful and honoured to be able to help her," Dr. Ellen Wiebe said. THE CANADIAN PRESS



THE **DRAMA** NEVER STOPS

CORONATION ST.

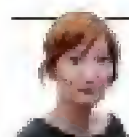
WEEKNIGHTS
7:30



Donald rides wave of populist support

PRESIDENTIAL RACE

Experts reveal the appeal of GOP contender to Americans



Jessica Smith Cross
Metro | Toronto

It's a tale of two Americans in Canada. One thinks Donald Trump as president would be a disaster and the other might help vote him in.

But they agree on this: Trump's surging popularity is America's version of a "populist revolt."

"A lot of the people that Trump appeals to have been really feeling hard-hit, they've been hard-pressed, they haven't been getting any relief," said Stephen Newman, an American who teaches political science at Toronto's York University.



Worrying about this man gives Toronto political scientist (and American) Stephen Newman some "serious heartburn" and makes him gravely concerned about the face America is presenting to the world. GETTY IMAGES

Many Americans have legitimate economic grievances and know establishment politicians aren't offering real solutions, Newman said.

That's the basis of a kind of

a kind of populist revolt that's brought outsider, and sometimes extremist, politicians to power all over the world.

"He really has read the moment," Newman said. "He does

have a huckster's intuition about what is going to sell."

Craig Wolverton, a dual citizen who was born in Florida but now lives in Qualicum Beach, B.C., agrees with the "populist revolt" theory.

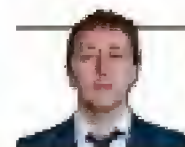
"He's a proven businessman, he has a ton of success and I think Americans are wanting a change from the traditional political establishment," he said.

Wolverton isn't sure if Trump's controversial comments about race were made because he doesn't think before opening his mouth or because he knows inflammatory statements grab headlines. Newman sees Trump's comments about Muslims and Mexicans as xenophobic.

Those feelings aren't uniquely American, he said, and boosted the popularity of politicians like Italy's Silvio Berlusconi and France's Marie Le Pen. But, they tend to play out with a different "local flavour" wherever they occur. In America, that flavour is Trump.

'MOVE TO CANADA'

Trump victories spur search spike



Colin McNeil
Metro | Canada

Searches for "how to move to Canada" and "how can I move to Canada?" hit all-time highs after the likely Republican nominee came away with primary wins in seven states Tuesday night.

Google data editor Simon Rogers tweeted that interest in the search term spiked 350 per cent after Donald Trump secured wins in Alabama, Arkansas, Georgia, Massachusetts, Ten-

nessee, Vermont and Virginia.

The official Google Trends account also tweeted that "Searches for 'Move to Canada' are higher than at any time in Google history."

This comes weeks after a website in Cape Breton, N.S., urged Americans to move there if Trump becomes president.

Coincidentally, the immigration section of Government of Canada website was experiencing delays Wednesday. In a release, the immigration office refuted any claims it was due to the Trump trend.

SCIENCE

U.K. team discovers grey haired gene

If you've experienced the distress of looking in the mirror and unearthing an uninvited grey hair staring back at you, apparently your ancestors are to blame. A study led by England's University College London (UCL) claims to have discovered the first grey

hair gene, confirming that environmental factors are not the only reasons that cause your hair to change colour. The study for Nature Communications journal analyzed 6,000 people across Latin America to identify the IRF4 gene, which helps determine hair, skin and eye colour.

TORSTAR NEWS SERVICE



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Rexall Health sold for \$3B

LONG HISTORY

3 things about the chain

DRUG STORES

Chain has been undergoing big changes in recent years

Canada's Rexall Health drug-store chain has been sold to U.S. health-care company McKesson Corporation for \$3 billion.

The deal was announced Wednesday morning, and is expected to close later this year.

Rexall has 470 retail pharmacies in Canada and is privately owned by the Calgary-based Katz Group, which describes itself as one of Canada's largest privately owned enterprises.

Daryl Katz, Katz Group founder and chairman, is also owner and governor of the Edmonton Oilers.

"I have the utmost confidence that Rexall Health will continue to flourish under McKesson's ownership," Katz said in a notice to investors posted to McKesson's website.

The companies say Rexall Health will continue to be led by its current management,



Rexall branded products are shown in a store in Ottawa. The national pharmacy chain describes itself as one of Canada's largest privately owned enterprises. JUSTIN TANG/THE CANADIAN PRESS

“ Rexall Health will continue to flourish under McKesson's ownership. Daryl Katz, Katz Group founder

headed by CEO Jurgen Schreiber.

The Rexall chain has been undergoing big changes over

the past four years, selling franchised stores and renovating and improving stores and add-

ing services.

Rexall was at the forefront of moving flu shots into pharmacies in order to drive revenues at a time when provinces were introducing generic drug bills to make it cheaper to buy drugs — and less lucrative for

13,000

The number of people that will be employed by the Rexall chain and McKesson's existing operations in Canada.

pharmacies.

"Canada's health-care environment is rapidly evolving; it is marked by a move of primary care into pharmacy and increasingly complex patient demand. With today's announcement, McKesson will bring together the strengths and expertise of our diverse portfolio to address challenges and opportunities in delivering the very best patient care," said John H. Hammergren, chairman and chief executive officer, McKesson Corporation, in a news release to investors.

McKesson is already operating in Canada in the pharmaceutical supply chain sector. Together the Rexall chain and McKesson's existing operations in Canada will employ 13,000 people.

TORSTAR NEWS SERVICE

- 1 Rexall has been around since 1904.
- 2 Rexall boss Daryl Katz learned about the pharmacy business from his father Barry, who opened a small drug store in 1955 in Edmonton.
- 3 In February 2008, Katz paid \$200 million to buy the Edmonton Oilers. He was 46 at the time.

TORSTAR NEWS SERVICE

market minute

	DOLLAR 74.48¢ (-0.07¢)
	TSX 13,017.93 (+35.83)
	OIL \$34.66 US (+26¢)
	GOLD \$1,241.80 US (+\$11.00)

NATURAL GAS: \$1.678 US (-6.4¢)
DOW JONES: 16,899.32 (+34.24)

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To varying degrees, Canada's premiers subscribe to the notion that getting more Western Canada oil to tidewater is in the economic interest of the country.

— **CHANTAL HEBERT**

When all is said and done, there is no rational reason for this week's climate-change gathering of first ministers in Vancouver to feature an East-West brawl over pipelines.

Unless the premiers of the energy-producing provinces are irresistibly inclined to lead a charge on windmills, they have no reason to get on their high horses in order to cast themselves as champions of their resources industry.

When it comes to the pipeline agenda, there are no irreconcilable differences between Canada's first ministers. Remarkably, to a man and a woman, the premiers and the prime minister are all sold on it.

To varying degrees they all subscribe to the notion that getting more Western Canada oil to tidewater is in the economic interest of the country. Challengers of that perspective are few and far between in the Canadian political mainstream and none currently sits at the federal-provincial table.

The wide pro-pipeline consensus includes Quebec's Philippe Couillard. This week, he has been painted in some media and political quarters — including in the corridors of

the Saskatchewan government in Regina — as a black sheep for insisting the Energy East project live up to Quebec's environmental standards.

And yet that is not even a position Couillard arrived at readily. The province's hand was at least partly forced by events. Sadly, for those who would not let a few facts get in the way of a good West-versus-East plot line, those events mostly took place in British Columbia.

A few years ago, the B.C. government left the responsibility to assess the environmental impact of the Northern Gateway pipeline to the National Energy Board. It based that decision on the argument that interprovincial projects such as pipelines fall squarely under the constitutional authority of the federal government.

B.C. did submit some conditions for supporting Northern Gateway to the federal panel. Most of them were eventually tossed aside by Stephen Harper's cabinet when it gave the pipeline the final go-ahead — almost.

In between the two decisions, some First Nations groups took the province to



court. In mid-January the B.C. Supreme Court found the province had abdicated its responsibilities when it declined to conduct its own assessment of the pipeline. It said Christy Clark's government did have the legal duty to insure its environmental standards were respected.

"British Columbia, within its own jurisdiction, has unique objectives, political and social goals, and legal obligations, the court concluded ... it cannot be the intention of the legislators to allow the voice of British Columbia to be removed in this process for an unknown number of projects, when the purpose behind the EAA (Environmental Assessment Act) is to promote economic interest in this province, and to protect its land and environment."

A similar train has been barreling down the legal track in Quebec.

The provincial decision to seek an injunction to require TransCanada to submit to the Quebec environmental regulatory process comes as a coalition of environmental groups is asking a court to force Couillard's government to do a full-fledged assessment of the

Energy East pipeline.

Like his B.C. counterpart, Couillard has to manage public opinion — and the pipeline-adverse official opposition.

If it is to make headway on the project with Quebecers, the last thing the Liberal government needs is to be seen to be dragged by the courts to the task of exerting due diligence on its environmental impact.

Notwithstanding the spin from Conservative quarters in Saskatchewan, Alberta and at the federal level, there are no magic shortcuts to getting shovels in the pipeline ground.

For a decade, Harper's government claimed it had found some. But those shortcuts have all led to quagmires. Pretending a mess that could pave the way to decades of litigation does not exist will not make it go away.

A final word: It may be time for pipeline proponents to drop the tired comparison between projects such as Energy East and the 19th century building of Canada's national railway.

Does anyone seriously believe it helps the pipeline cause to hark back to a time when governments and corporations felt invested with a quasi-divine right to displace aboriginal communities as they saw fit and when the words "sustainable" and "development" were a century away from being routinely paired?

Chantal Hébert is a national affairs writer. Her column appears in Metro every Thursday.

metroview

Wasteful coffee pods belong in the past



Rosemary Westwood
Metro Canada

In 1955, Life magazine jubilantly declared the age of "Throwaway Living: Disposable items cut down household chores."

Housewives needn't clean up the frying pan or the dog bowl, the article gushed. Why bother when you can toss it? It recommended the toss-away barbecue — built with an "asbestos shell."

Ah, the quaint ignorance of the '50s. Today, we know environmentally damaging waste ends up swirling around in state-sized piles in the ocean, and asbestos kills you.

And yet, there currently exists a product so wasteful, so unnecessary, based solely on convenience and with zero other redeeming qualities, and it's selling like hotcakes.

Coffee pods are a product for the wilfully wasteful, the arrogantly lazy, and the already George Clooney.

People who use these machines — most famously Keurig — belong in the 1950s, where their eco guiltlessness is in keeping with the times.

But this is 2016. Three years ago, the World Bank predicted that global waste would triple (!) by 2100, before it begins to "decline in different regions at different times, depending

in part on population growth, waste reduction efforts, and changes in consumption."

Changes, what changes? In Canada, coffee pod machines are on "four out of every 10 Canadian counters," according to the National Post. And Keurig's effort to make the cups recyclable by 2020 won't stop the drain on resources to produce the cups. Even the creator of Keurig's K-Cup machines has remorse: "I feel bad sometimes that I ever did it," he told The Atlantic.

Last month, Hamburg, Germany, became the first city to ban the use of coffee pod machines in municipal buildings. That will probably also end up cutting coffee budgets, since even the K-Cup's creator admits the machines are expensive to use. Each company's machines employ an Apple-esque proprietary model that forces you to use the same company's pods.

As if all this weren't enough, coffee pod machines are a threat to relationships everywhere: Only able to brew one cup at a time, couples must choose every morning who to serve first.

But the nail in the coffin, the death of whatever thin sympathy might remain, is this: The coffee itself is entirely ordinary.

Even Nespresso-selling Clooney shouldn't convince you otherwise.





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This looks like a job for Lois Lane

In his comprehensive and often lively study of Superman's love-interest, Lois Lane, Halifax-based comic historian Tim Hanley describes his subject as "Superman without the superpowers ... [Lois] is just as committed to truth and justice through her tireless reporting, and just as willing to put herself in harm's way to help someone." Here is a look at Lane's portrayal over the years **TORSTAR NEWS SERVICE**

ACTING THE PART

Incarnations of Lois Lane

Lois Lane, created by writer Jerry Siegel and artist Joe Shuster, first appeared in Action Comics #1 (June 1938). Over the years, she has appeared in many other incarnations. Here are some of our favourites.

Phyllis Coates played Lois Lane in the first 26 episodes of the '50s television series Adventures of Superman, in which she was given equal billing with George Reeves (insisted upon by Reeves).

Noel Neill portrayed Lois Lane in the first live-action appearance of Superman on film, in the 1948 serial Superman, which starred Kirk Alyn as the title character. She reprised the role in another film serial in 1950 — Atom Man vs. Superman.

Patricia Marand was nominated for a Tony award for her performance as Lois Lane in the Broadway musical It's a Bird, It's a Plane, It's a Superman in 1966.



Canadian-born **Margot Kidder** played Lois Lane in the 1978 movie Superman and the three sequels starring Christopher Reeve. One of the movies was partially shot in the Toronto Star newsroom at 1 Yonge St.

Teri Hatcher played Lois Lane to Dean Cain's Clark Kent in the television series Lois and Clark: The New Adventures of Superman (1993-1997).

Amy Adams portrayed Lois Lane in 2013's Man of Steel (starring Henry Cavill). She will reprise the role in the movie Batman v Superman: Dawn of Justice which opens later this year.

TORSTAR NEWS SERVICE



INVESTIGATING LOIS LANE

THE TURBULENT HISTORY OF THE DAILY PLANET'S ACE REPORTER

TIM HANLEY

AUTHOR OF WONDER WOMAN UNBOUND



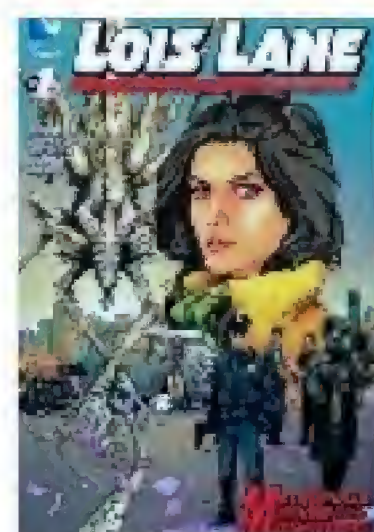
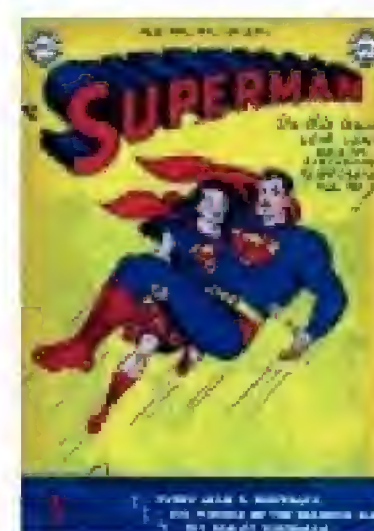
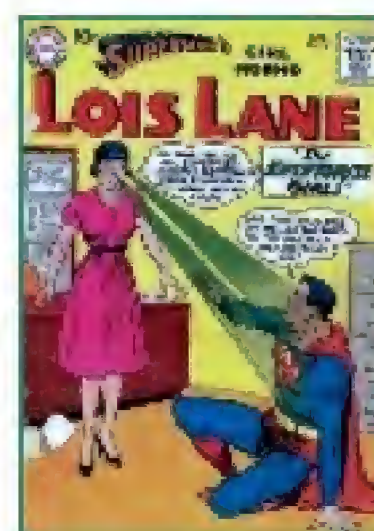
EMPOWERED AND OBJECTIFIED

From ace reporter to damsel in distress

At the time of her debut, in the first Superman comic, in 1938, Lois was an independent professional when few women were, having worked her way up from the lovelorn column to the front pages of the Daily Star. Even more unusual, she was happily single.

As time went on, however, Lois was increasingly cast in the role of damsel in distress: her reporting job put her in dangerous situations so Superman could rescue her. Superman was the object of her affections but also, paradoxically, her rival. He used his superpowers to get to stories before she did, then scooped her in his guise as Clark Kent.

Portrayals of Lois have, in the 75 years since, constantly toggled between empowerment and objectification. Sometimes this was a reflection of broader social trends.



A SHORT-LIVED AWAKENING

Total Kryptonite

In the '60s, in the spinoff comic Superman's Girl Friend Lois Lane, Lois had a short-lived feminist awakening: she mastered a Kryptonian form of self-defence, went undercover with a motorcycle gang, and asked to be called "Ms." But on a micro level Lois' fate was also determined by the sexist whims and opinions of the overwhelmingly male roster of artists and writers who worked on her.

EVERY LOIS LANE ITERATION EVER

Comic effect

Investigating Lois Lane cites and assesses what feels like every Lois iteration, whether in print, TV, movies, or on stage. Depending on your relationship to comics, this will be either a plus or a minus. Aficionados will appreciate it, while those with a more peripheral interest in the form may find the book's exhaustiveness — especially in the later chapters — exhausting at times.

CREATIVE BUST-UP

A model wife

Some of the most intriguing aspects of Lois' story occur outside comic panels. The model who posed for Canadian illustrator Joe Shuster's initial sketches of Lois eventually married his creative partner (and writer of the comic) Jerry Siegel — a factor in the men's 25-year estrangement. Both actresses who played Lois in the 1950s TV version of Superman had double L's in their names. And the show's star, George Reeves, was engaged to a dubious socialite with the improbable name Leonore Lemmon at the time of his sudden, mysterious death in 1959.

SHRINKING MEDIA LANDSCAPE

Future under threat

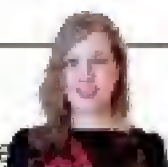
Hanley writes from an unabapologetic feminist slant (his previous book was about Wonder Woman) and has an obvious, appealing affection for his heroine. There may be more to say about Lois soon: given that the status of journalists is arguably under greater threat, in today's shrinking media landscape, than the status of women, her future could prove even more interesting than her past.

Tackling the residential school legacy

NEW NOVEL

Joan Crate delved deep into research for Black Apple

Sue Carter
For Metro Canada



Joan Crate's character, a feisty young Blackfoot girl named Sinopaki, was born more than a decade before the Calgary author even knew she was writing her new novel, *Black Apple*.

Like so many writers juggling multiple roles, Crate only had time to jot down notes in between her busy schedule as a teacher and a mom. But there was something about Sinopaki that stuck with Crate among all the discarded characters and stories.

Published by Simon & Schuster Canada, *Black Apple* follows Sinopaki — renamed Rose Mary by nuns — as she is taken from her parents to

board at St. Mark's Residential School, where she is singled out and punished for her indefatigable spirit and imagination.

"She's modelled after my grandmother's personality," says Crate.

"She was little and tough and full of energy and did things without thinking sometimes."

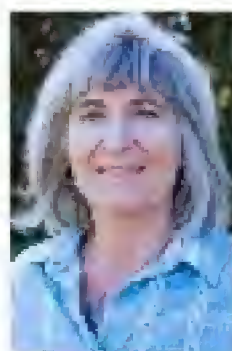
Crate hadn't intended on writing a novel set in a residential school but given the timeframe of Sinopaki's story, she felt she had no choice, narrative wise.

"I knew that was fraught with all sorts of complications," says Crate.

"It really was a moral decision; I decided I didn't want to be part of the silence around residential schools."

She also knew that if she were to tackle the sensitive subject, she would have to do so by being authentic and respectful.

Crate had already undertaken some research while teaching a native literature class in the 1990s, upon discovering that many of her students didn't know much



“People who set out to do good ended up bitter and mean and attempting to take revenge on children ...”

Joan Crate on the residential school system

about aboriginal history, let alone the horrific legacy of Canada's residential-school system. She read many books and personal accounts, and spoke to survivors. Crate, whose father is half Cree, grew up with stories but says, "they were really small and capsulated, like 'if we were bad the nuns made us clean the bathroom with a toothbrush.' You'd just get little bits that people were comfortable divulging."

Sinopaki's story, which continues after she leaves the school for work, is paralleled with that of Mother Grace, a pious but intellectually minded nun at St. Mark's who has a few personal secrets of her own.

Through writing from the nun's perspective, Crate want-

ed to explore how people with good intentions became so monstrous.

"People who set out to do good ended up bitter and mean and attempting to take revenge on children who they may have felt were stealing their lives," she says.

"I think it happened in part through a sense of superiority and a lack of respect for other cultures."

Although *Black Apple* also weaves in an unlikely love story, a murder and ghost sightings, the legacy of the residential school and how it separated child from parent is inescapable. As Crate says, it "felt like a domineering character."

Sue Carter is the editor at Quill & Quire magazine.



JOHANNA SCHNELLER WHAT I'M WATCHING

An artistic life cut short

THE SHOW: *Becoming Mike Nichols* (HBO)
THE MOMENT: The Thrill

Film and theatre director Mike Nichols, who died in 2014, chats for 75 minutes with fellow theatre director Jack O'Brien about his early career. (It turned out to be Nichols' last interview, though of course he couldn't know that.)

A brilliant raconteur — gentle, gentlemanly and also mischievous — Nichols draws a through-line from his improv work with Elaine May (the clips are priceless), to his early stage directing (*Barefoot in the Park*, *The Odd Couple*), to his first films (*The Graduate*, *Who's Afraid of Virginia Woolf*). Throughout, he stresses salient points again and again: the importance of putting in hours of hard work. The importance of trusting your unconscious to guide you. The idea that art isn't life, but something important about life.

Near the end, Nichols arrives here: One minute you don't know what idea you're striving to communicate, or how to do it, and the next "you suddenly get it," he says. "That's the great thrill, whether it happens in your life, your work, your



Mike Nichols with Elaine May in 1955. CONTRIBUTED

study. When you get it, everything shifts. There's nothing like it. It's why we're here. It's what we have to nourish."

A better description of the artistic process cannot be found. *Becoming Mike Nichols* feels as if it were meant to be the first in a series of docs, which Nichols' death cut short. But we're lucky

to have this one.

"We cared for each other, and we cared for what we were doing," Nichols sums up. Now that's a beautiful life.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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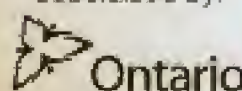
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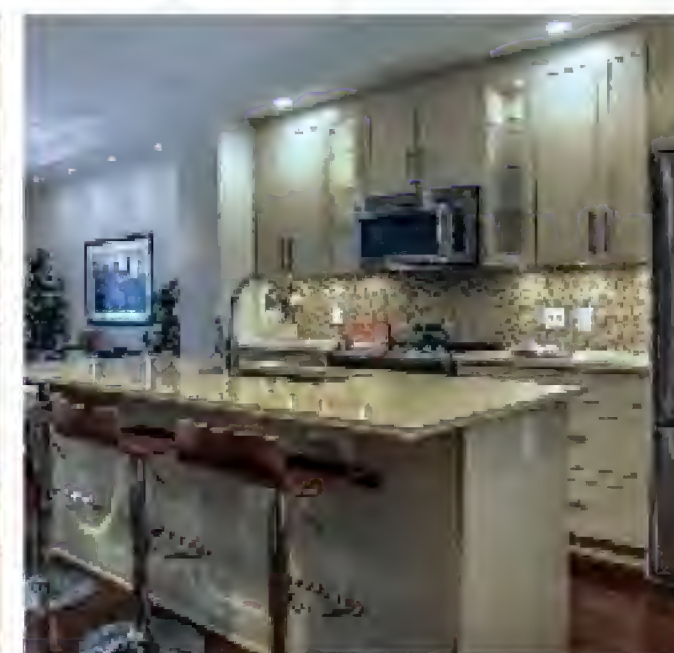
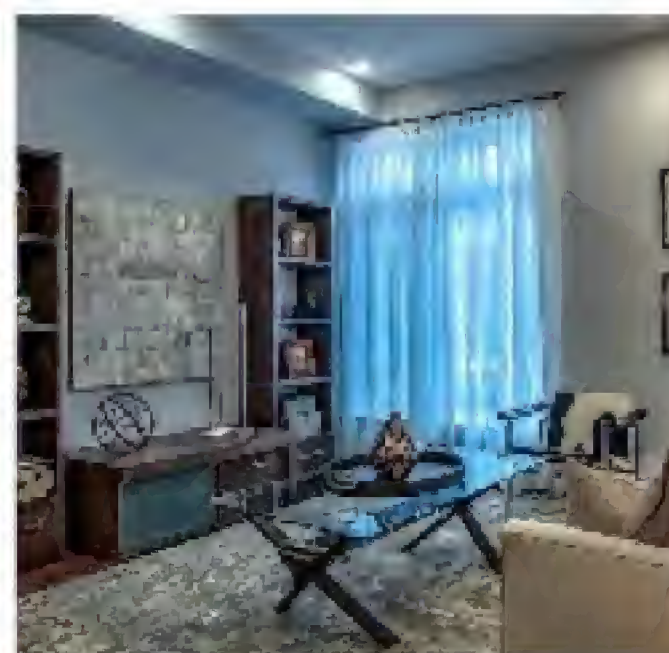
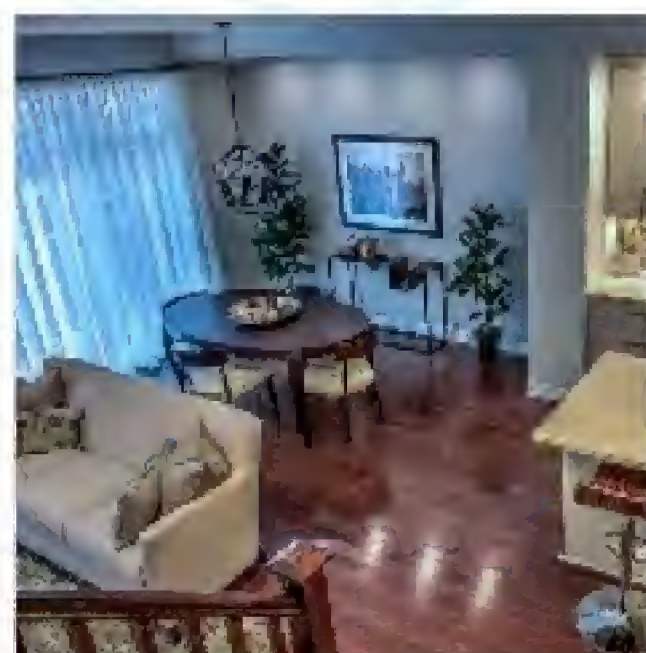
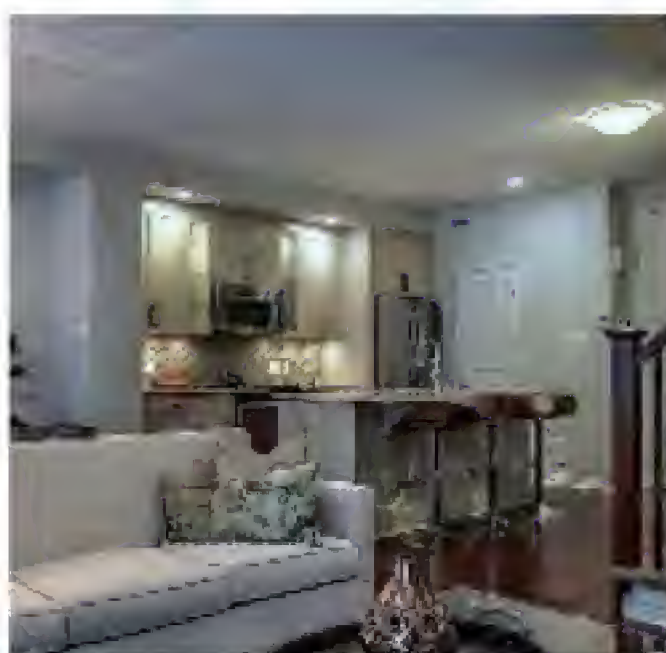
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MEET THE CONDO

CLARENCE CROSSING



Community feel at Clarence Crossing

CONTRIBUTED

Project overview

Clarence Crossing is a new planned community on the banks of the Ottawa River. The site is primarily made up of bungalows with a few low-rise condominiums. The project started in October of 2015. Some homes are already under construction, and will be ready for occupation later this summer.

Housing amenities

Clarence Crossing has five different models, two of them are SAM Award-winners from the Ottawa Home Builders' Association. The homes have various size and depth lots and feature hardwood flooring and granite in the kitchen. They are fitted with single or double garages, while the condos have underground parking.

Location and transit

The site is located in Clarence-Rockland, about half an hour east of central Ottawa, and is served by some bus routes that run from a park and ride to downtown. The area is equipped with box stores for everyday needs, several arenas, a golf course, parks and trails where residents can walk, bike, ski and snowshoe.

In the neighbourhood

Clarence-Rockland combines the attractions of rural and urban living. The area has a number of community groups and multiple opportunities for cultural, religious and sports activities. The eQ Homes neighbourhood is the ideal retirement location, with condo or bungalow options and a pleasant, small town community atmosphere.

+ NEED TO KNOW

What: Clarence Crossing
Builder: eQ Homes
Designer: eQ Homes
Location: Off of County Road 17
Building: Collection of bungalows, condos and town-homes
Sizes: 1,040 sq. ft. to 2,365 sq. ft.

Pricing: Starting at \$286,900
Model: Two to four bedrooms, two to three bathrooms
Status: Now selling
Occupancy: August 2016
Sales centre: 8616 County Rd. 17, Clarence-Rockland
Info: 613-862-0167, eqhomes.ca

4 THINGS TO KNOW ABOUT THE NEW MORTGAGE RULES

Homebuyers in Canada now face larger down payment requirements for properties over \$500,000. The changes that were implemented last month are intended to temper some of Canada's heated real estate markets. Here are four things to know about the new rules.

THE CANADIAN PRESS
GRAPHICS: ANDRES PLANA/FOR METRO

1 Cough up the cash

Homebuyers now have to put a down payment of at least 10 per cent on the portion of the price of a home over \$500,000. For anyone buying a home for \$700,000 — a common list price in Vancouver and Toronto — that means the minimum down payment will rise to \$45,000 from \$35,000. Any home under \$500,000 still requires only a down payment of five per cent.



2 Who's affected

Primarily those shopping for a home in Toronto and Vancouver. First-time buyers in those cities will feel the pinch since they'll be required to put down bigger down payments to get into the market. Those selling their homes in order to size up, especially in cities with hot housing markets, likely won't feel the pain since they've built up equity in those properties.



3 Impact

The influence the new rules will have over house prices is expected to be small, experts say, given their narrow reach. When he announced the changes in December, Finance Minister Bill Morneau said they are expected to affect one per cent or less of the real estate market.

4 Past measures

Four rounds of changes were made to tighten eligibility rules for new insurable loans between 2008 and 2012. Among them: the minimum down payment was increased to five per cent, the maximum amortization period was reduced to 25 years from 30 years and the maximum insurable house price was limited to below \$1 million.

Downpayment

5% MIN

Amortization

25yr MAX

Insurable house price

BELOW \$1 million

Sens taking precautions with starting goaltender

NHL

Anderson's injury 'not as bad as it appeared'

Ottawa Senators head coach Dave Cameron had some optimistic news Wednesday regarding the status of goaltender Craig Anderson.

Anderson suffered a lower-body injury in Ottawa's 4-3 shootout loss to the St. Louis Blues on Tuesday night. And while Anderson remains day-to-day, Cameron said it seems the injury wasn't as serious as originally thought.

"The terminology I got was, 'It's not as bad as it appeared,'" Cameron said.

Cameron wasn't sure if Anderson would dress for Thursday's game against the Tampa Bay Lightning.

"If there's any doubt he won't," said Cameron. "It would be almost precautionary but I didn't talk to (head athletic therapist Gerry Townend) so I don't want to say one thing and he does the opposite."

The Senators are hopeful Anderson won't be out long. He has been one of their most consistent performers this season and is a big reason why the club remains in playoff contention. Heading into Wednesday's action, Ottawa was five points



Craig Anderson skates off the ice with head athletic therapist Gerry Townend on Tuesday.

JANA CHYTILOVA/FREESTYLE PHOTOGRAPHY/GETTY IMAGES

behind the Pittsburgh Penguins for the final Eastern Conference post-season berth.

Anderson has a 27-20-4 record, .917 save percentage and 2.81 goals-against average.

"He's been playing tremendous for us throughout the whole year so it's going to be a big blow but at the same time that's why we have (Andrew)

Hammond here," said Senators captain Erik Karlsson. "He's proven to be good in this league for a long period of time."

Hammond replaced Anderson on Tuesday with Ottawa trailing 3-1. He stopped 17 shots and allowed the Senators to tie the game before losing in the 11th round of the shootout. It was Hammond's first appearance

since Feb. 11.

The 30-year-old rose to prominence last season when recalled from AHL Binghamton to replace Anderson and Robin Lehner, who were both injured. Hammond posted a 20-1-2 record down the stretch to lead Ottawa into the playoffs.

While the Senators don't like making comparisons to last sea-

+ ADDITION

Sens sign veteran Gomez

The Senators signed veteran forward Scott Gomez to a one-year, \$575,000 US contract Wednesday.

Gomez, 36, began the season with the St. Louis Blues, registering a goal and seven assists in 21 games before being released. He signed a professional tryout in January with the AHL's Hershey Bears, recording four goals and 20 assists in 18 games before exercising his release Tuesday.

The five-foot-11, 200-pound Gomez, who is a 15-year NHL veteran, has 181 goals and 574 assists in 1,066 career regular-season games and won two Stanley Cups with New Jersey (2000, 2003).

son, it seems unavoidable given recent events.

"Obviously it's going to happen but for me that's not necessarily my focus," Hammond said. "It's more about just preparing for each game."

"I did that last year too and we had success. My focus right now is just taking it game by game and making sure I'm ready each night ... we'll see what happens."

THE CANADIAN PRESS



Jonathan Toews, left, and Sidney Crosby helped Canada win gold at the 2014 Winter Olympics.

THE CANADIAN PRESS FILE

WORLD CUP OF HOCKEY

Canada sticks to its guns

Mike Babcock will coach a very familiar Team Canada at the World Cup of Hockey.

Twelve of the 16 players selected to Canada's initial roster won gold under Babcock at the 2014 Sochi Olympics, including goaltender Carey Price of the Montreal Canadiens, who has been out of NHL action with an injury. Goalies Braden Holtby of the Washington Capitals and Corey Crawford of the Chicago Blackhawks were also selected to the team.



The hardest part is the part to come. Not the first 16. My wife could've done that.

Mike Babcock

P.K. Subban, the electric risk-and-reward Canadiens defenceman who played sparingly in Sochi, was left off the first 16 as Canada went with Drew Doughty of the Los Angeles Kings, Shea Weber of the Nashville Predators, Duncan Keith of the Chicago Blackhawks and Marc-Edouard Vlasov of the San Jose Sharks.

Sidney Crosby of the Pittsburgh Penguins and Jonathan Toews of the Blackhawks lead the forward group, which includes only two newcomers: Steven Stamkos of the Tampa Bay Lightning and Tyler Seguin of the Dallas Stars.

THE CANADIAN PRESS

NASL

Fury add Canadian content to roster

One day after leaving Sporting Kansas City, Canadian international Marcel de Jong has signed with Ottawa Fury FC.

The NASL team also signed Brazilian forward Pablo Dyego on a season-long loan from Fluminense.

"These are two crucial additions to our squad," head coach/GM Paul Dalglish said in a state-

ment Wednesday. "Marcel brings experience and versatility to our squad while Pablo provides us with more pace and another weapon in our attack."

The left-sided de Jong, 29, can play at fullback or as a midfielder.

Dyego, 21, is a winger who made his pro debut in 2013.

THE CANADIAN PRESS

42

The number of caps de Jong has for Canada.

IN BRIEF

Chapman says he didn't get physical with girlfriend

A day after accepting a 30-game suspension, New York Yankees closer Aroldis Chapman has apologized for using a gun and insisted he never hurt his girlfriend.

His girlfriend told police he pushed and choked her. Chapman said there was an argument but he was pushed down by Barnea's brother, then got a handgun and fired eight shots into a wall and window while locked in his garage. THE ASSOCIATED PRESS

PREMIER LEAGUE

Leicester's top rivals fail to gain ground

Leicester strengthened its place atop the Premier League without even playing on Wednesday, after its three main title rivals all lost to cap another unpredictable round in England's top division.

Tottenham could have climbed above Leicester into first place with a win at West Ham, but lost 1-0 through Michail Antonio's early goal.

Third-place Arsenal couldn't take advantage, losing 2-1 at home to Swansea despite taking the lead against the relegation

+ LAST MATCH

Leicester drew 2-2 at home to West Bromwich Albion on Tuesday.

contenders.

Manchester City completed a miserable evening for the title hopefuls by getting beaten 3-0 at Liverpool, where City has now won only once in 35 years.

THE ASSOCIATED PRESS

RECIPE Chili Chicken Burgers



PHOTO: MAYA VIVIERE

Ceri Marsh & Laura Keogh
For Metro Canada

tainer of sour cream
• 1/4 cup fresh lime juice
• 1/4 cup fresh cilantro, chopped
• Pinch of salt and pepper

This burger, loaded with cheese and guacamole, will make you forget it's not even beef with its warm spice blend. It will also make you forget it's healthier too.

Ready in

Prep time: 20 minutes
Total time: 45 minutes

Serves 4

Ingredients

- 1 clove garlic, minced really fine
- 1/2 red onion, minced fine
- 1 tsp cumin
- 1 Tbsp chili powder
- Pinch of salt and pepper
- 1 egg, whisked
- 1 lb ground chicken
- 4 thin slices of cheddar
- 3/4 to 1 cup guacamole
- Lettuce, tomato and whatever else you like on a burger
- 4 buns

Crema
• 1 small (250 ml) con-

Directions

1. In a small bowl, stir together the Crema ingredients.
2. Have a clean plate ready to place your burger patties on. In a large bowl, combine burger ingredients up to ground chicken. Shape the meat into patties.
3. Add a touch of oil to your pan and warm it up over medium heat. Put patties in and allow them to cook on the first side for about 5 minutes. Flip them over and cook 2 or 3 minutes before placing the slices of cheese on top. Place a lid on the pan or cover with foil to help the cheese melt. Use a meat thermometer to make sure the internal temperature is 165 F.
4. Toast buns to keep them from getting soggy. Spread Crema on the bottom bun, add lettuce, burger, guac and top with the bun.

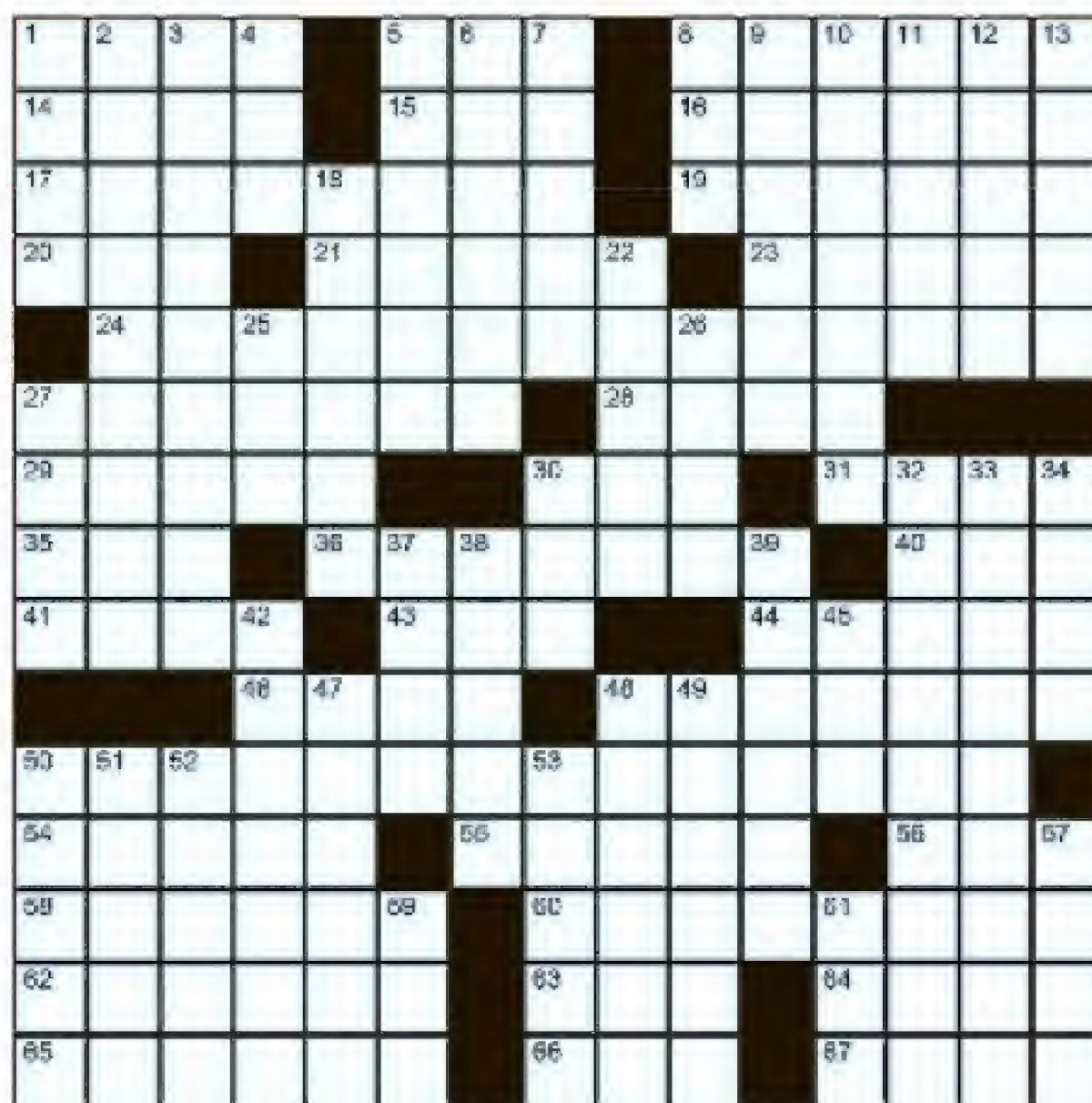
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Police alerts, e.g.
5. Aves.
8. Conquer
14. Oman money
15. Comedian/actress Margaret
16. Jim-Bob Walton's mother
17. Agree to an agreement in pen: 3 wds.
19. Nurses, for example
20. Twisted Sister singer Mr. Snider
21. "___ of Old Smoky"
23. Literary sleuth Mr. Wolfe's
24. Polar Bears, but not Penguins: 2 wds.
27. Messy stain
28. Mexico currency
29. Turn ___ (Move past something)
30. River islet
31. Pickup trucks, e.g.
35. Class
36. Windows icons area
40. "___ get it!"
41. Bee Gees: "How ___ Is Your Love"
43. Co. for commuters in Toronto
44. Legendary choreographer Mr. Alley
46. ___ Sanctorum (Collection of the biographies of Christian saints)
48. Stephane Dion, Minister of ___ Affairs
50. Renowned Toronto artists group of the 1950s: 2 wds.



54. Ladder 'levels'
55. Affordable noodle dish
56. Cost
58. Home of Odysseus
60. Like the works by #50-Across
62. Vowel-friendly

- Ontario village
63. "Surprise!"
64. Prefix meaning 'Within'
65. Work at getting even more paint off
66. Train ___
67. Glenn Frey's "The Heat ___"

DOWN

1. Dry
2. Ananas, in Angleterre
3. Called 'The Centre of Canada', it's the only inland community in Nunavut: 2 wds.
4. Mid-'70s kid-

- nappers
5. Picturesque
6. Shakespeare's Globe roof style
7. Funkadelic's "One Nation Under a Groove" bit: "___ you can't get under it..."
8. Leader of Sneezzy's

- band
9. Some antelopes
10. It'll crackle/glow giving warmth
11. "...if ___ saw one!"
12. Keep an ___ mystery
13. Parisian 'cup'
18. Like contract lines
22. Songbird sort
25. Gear tooth
26. Jared ___
27. Remarkd
30. U.S. dog org.
32. Lovers of dramas, Oscars, scenes, etc.: 2 wds.
33. ___ Bay (Bay of Fundy inlet)
34. ___ Fein (Irish republican party)
37. 'Bachelor' suffix
38. Beatles drummer Ringo
39. Mother or father
42. Prehistoric supercontinent
45. After-Exodus bk.
47. Hospital diagnostic tool, e.g.: letters + wd.
48. 'Austin Powers' techie temptress
49. "Little House on the Prairie" character Nellie's surname
50. Busybody
51. Other: French
52. "The Shoop Shoop Song (It's ___ Kiss)"
53. Swedish cars
57. Certain collar
59. Accounting review, briefly
61. King, in Portugal

*** IT'S ALL IN THE STARS** by Sally Brompton

Aries March 21 - April 20
You will gain a new perspective on what's important and what your long-term ambitions should be. Don't hold on too tightly to what you've got because what's coming next will be so much better.

Taurus April 21 - May 21
You may look calm on the outside but on the inside your emotions are bubbling and what happens next will bring them to the boil. That's good, it isn't healthy to keep all that passion and aggression bottled up inside.

Gemini May 22 - June 21
Things may not have worked out the way you hoped they would but there's no need to worry about it and even less need to change directions.

Cancer June 22 - July 23
You may be tempted to tear down something it took you a lot of time and effort to build, simply because it is not up to the high standards you set for yourself, but the planets warn you will regret it if you do. Stop being so hard on yourself.

Leo July 24 - Aug. 23
Act on your feelings. No matter how unpopular it might make you, if that little voice in your head says it is the right thing to do you should know better than to ignore it. Act now!

Virgo Aug. 24 - Sept. 23
Don't take chances with money, even more so if it belongs to other people. Wait and see what the week-end brings before taking risks.

Libra Sept. 24 - Oct. 23
At times you wonder why you put up with someone's bad behaviour. So why do you? Most likely there is no reason at all, so get your act together and get them out of your life once and for all. You will feel better for it.

Scorpio Oct. 24 - Nov. 22
Try not to make an issue of whatever it is you are expected to do today. Take it in your stride. It will only get complicated if you make it complicated — so don't!

Sagittarius Nov. 23 - Dec. 21
Find a positive outlet for all that energy you've got inside you. Affairs of the heart and creative activities are well-starred, so focus on these and avoid anything negative.

Capricorn Dec. 22 - Jan. 20
Cosmic activity in the domestic area of your chart will reach critical mass today. If there is some kind of explosion the results should be positive. At the very least you will know why a loved one needs more attention.

Aquarius Jan. 21 - Feb. 19
Don't waste time arguing with people whose views are wrong. It's highly unlikely you'll convince them, so let them keep on making mistakes while you keep on having fun.

Pisces Feb. 20 - March 20
There will be changes in your money situation. Whether they are good or bad remains to be seen but if you approach them in a sensible manner you won't be out of pocket for long.

CONCEPTIS SUDOKU by Dave Green

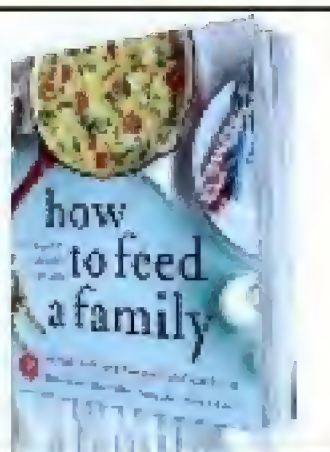
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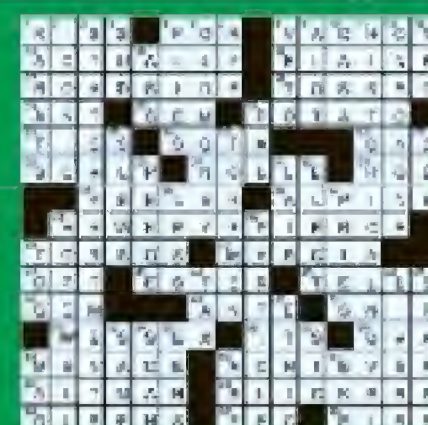
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2	3	8	4	5	9	6	7	1
6	9	5	7	3	1	2	4	8
9	4	3	6	8	7	5	1	2
8	7	6	2	1	5	9	3	4
5	2	1	9	4	3	8	6	7
7	8	4	5	2	6	1	9	3
1	6	9	3	7	8	4	2	5
3	5	2	1	9	4	7	8	6

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